



**NOVA SENIOR  
March Time Trial  
March 7, 2024  
SANCTION NO. VS-24-84TT**

**Hosted by:**  
**NOVA**  
SWIMMING  
NOVA of Virginia Aquatics

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO <b>VA-24-84TT</b>.</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., and NOVA of Virginia Aquatics shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> <li>In applying for this sanction, the Host, NOVA of Virginia Aquatics, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and County of Henrico.</li> </ul>
<b>LOCATION:</b>	NOVA Aquatic Center - Regency, 100 NOVA Way, Richmond, VA 23229, Phone: (804) 754-3401
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>The NOVA Aquatic Center – Regency offers three pools and supporting amenities.</li> <li>Competition Pool:             <ul style="list-style-type: none"> <li>20 25 yard lanes x 8 50 meter lanes</li> <li>Competition lanes are minimum or 8' wide in 25 yard course and 8'2" in 50 meter course.</li> <li>Uniform 6'7" depth throughout</li> <li>Overflow Gutters</li> <li>Competitor non turbulent 6" lane lines</li> </ul> </li> <li>Warm-Up Pools:             <ul style="list-style-type: none"> <li>Lanes will be available for warm-up/warm-down at all times.</li> <li>Each pool: 3 25 yard lanes</li> <li>Warm-up lanes are minimum 6' wide</li> <li>Uniform 4'6" depth throughout</li> </ul> </li> <li>Daktronics timing system will be used.</li> <li>All sessions will be run a <b>25 yard</b> competition course. Competition lane configuration will be set in either 6, 8 or 10 lanes. This will be determined by timeline consideration upon receipt of entries and will be communicated to the contact person of participating clubs.</li> <li>Meets at the NOVA Aquatic Center – Regency will be fully staffed with American Red Cross certified Lifeguards at all times. There are also 2 AEDs on site as well first aid supplies located at several locations in the Facility. The Lifeguard Office has a full first aid kit as well as ice. The closest EMT is located at Henrico Fire Station #9 which is 1.1 miles away.</li> <li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li> <li>In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permissions to be included in the video-streaming. .</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Lori Hopewell Email: novabusinessoffice@novaswim.org Phone: (804) 754-3401x2
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all athletes 15 &amp; Older registered by the first day of the meet</li> <li>Swimmers must have a Senior Champs qualifying time in each event entered.</li> <li>No deck USA Swimming athlete registration will be permitted.</li> <li>Age on March 7, 2024 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any</li> </ul>

	disability prior to the competition.
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</b>	<ul style="list-style-type: none"> <li>The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>All events will be timed finals.</li> <li>Swimmers will be seeded in Lanes 5, 7, 3 &amp; 9 in each heat.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>There will be general warm-up not before 6:00 am; competition will start at 7:00 am.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 5:00pm WEDNESDAY, MARCH 6, 2024.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>Swimmers may enter a maximum of 1 <i>individual event</i>.</li> <li>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding.</li> <li>Email entries to: Lori Hopewell, <a href="mailto:novabusinessoffice@novaswim.org">novabusinessoffice@novaswim.org</a>.</li> <li><b>IMPORTANT:</b> If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</li> <li>Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. Deck entries must be submitted to the Administrative Official on the provided form.</li> </ul>
<b>FEES:</b>	<ul style="list-style-type: none"> <li>No fees will be charged</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>No awards will be given.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded.</li> </ul>
<b>PENALTIES:</b>	<p>A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as</p> <ul style="list-style-type: none"> <li>Entries using fraudulent or non-verifiable times.</li> <li>Athlete competed in the incorrect age group.</li> <li>Athlete is not registered with USA Swimming prior to the first day of the meet.</li> <li>If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will govern this meet.</li> <li>All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval</li> </ul>

	<ul style="list-style-type: none"> <li>• Any swimmer entered in the meet must be certified by a USAS member coach as proficient in performing a racing start or must start each race from within the water. When unaccompanied by a USAS member coach, the swimmer or the swimmer’s legal guardian must ensure compliance with this requirement.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Ben Ackerly</b>  <b>Email: <a href="mailto:benjamin.ackerly@gmail.com">benjamin.ackerly@gmail.com</a></b>  <b>Phone: 804-869-4535</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Emily Fagan at <a href="mailto:escfagan@gmail.com">escfagan@gmail.com</a> (official’s coordinator) no later than March 6, 2024.</li> <li>• Officials meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER: Drew Hirth</b>  <b>Email: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a></b>  <b>Phone: 804-754-3401 x6</b></p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Each swimmer will be required to provide their own timers and lap counters.</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• PLEASE DO NOT PARK AT THE APARTMENT BUILDINGS ACROSS THE STREET OR THE SHOPPING CENTER NEXT TO NOVA.</li> <li>• The NOVA Aquatics Center has parking available.</li> </ul>

**ORDER OF EVENTS**  
**Thursday, March 7, 2024**

**Session Warm Up 6:00am; Start 7:00am**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	100 Breaststroke	2
3	200 Freestyle	4
5	100 Butterfly	6
7	400 Individual Medley	8
	<b>10 Minute Break</b>	
9	200 Butterfly	10
11	50 Freestyle	12
13	200 Breaststroke	14
15	100 Backstroke	16
17	500 Freestyle	18
	<b>10 Minute Break</b>	
19	200 Backstroke	20
21	100 Freestyle	22
23	200 Individual Medley	24
25	1000 or 1650 Freestyle	26